

53%



of people who abuse prescription pain relievers
obtain them from a friend or relative.

During this difficult time of loss, there are overwhelming decisions to be made. Your recently deceased loved one may have unused or old medications left in their home, leaving you and your family vulnerable to accidental poisonings, theft, or unsafe nonmedical use by friends or relatives.

Keep you and your loved ones safe by utilizing a Prescription Drug Take Back location to dispose of any unused or old medications used by your recently deceased loved one.

To find a local Take Back location near you, go to www.takeback.nd.gov and click on locations. If a local Take Back location is not available:

-  Take the prescription drugs out of their original containers.
-  Crush and mix the drugs with undesirable substances, such as cat litter or used coffee grounds.
-  Put the mixture in a sealable bag or a disposable container with a lid to prevent the medication from leaking or breaking out of a trash bag.
-  Conceal or remove any personal information, including prescription number, on the empty containers by covering it with black permanent marker or by scratching it off.
-  Place the sealed container with the mixture, and the empty drug containers, in the trash.
-  When in doubt about proper disposal, contact your local pharmacist. Don't flush prescription drugs down the toilet or drain.

3 Steps to Help Prevent Prescription Drug Abuse



LOCK

Keep medication out of sight and in a safe and secure place.

Consider storing medications in a lock box or hide them in a discrete location so they are not easy for others to find.

Be discrete. There's no reason to tell people about the medicines your loved one was taking.



MONITOR

Keep track of medication.

Take inventory of the unused medications until they can be properly disposed. Check back periodically to identify missing pills.

Never share medications. If a family member or friend is injured, instead of "sharing" a pain reliever, make sure he or she sees a health care professional.



TAKE BACK

Drop off unused medication at local Take Back locations.

To find a location near you, visit www.takeback.nd.gov and click on locations.

If a take back program is not available, prescription drugs can be placed in an unmarked opaque container mixed with coffee grounds or cat litter and thrown in the garbage.